



Nutritional Information (Power of Fruit Product)

SIGNATURE BLENDS

Chocolate blends made with 20g of Protein

	Serving Size	Calories	Fat g	Cholesterol g	Sodium %DV	Carbs g	Fiber g	Sugar g	Protein g	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
The Dirty Peanut <i>Chocolate Peanut Butter</i>	16oz.	432.5	19.5	0.05	15.5	41.5	3	33.5	27	0	0	20	8
	24oz.	750	36	0.05	28	80	5	66	34	0	0	20	16
Mocha Peanut Butter <i>Mocha Peanut Butter</i>	16oz.	592.5	23	0.05	16.5	38.5	3	24.5	28	0	0	20	5
	24oz.	890	28	0.05	18	66	3	44	29	0	0	20	6
Mudslide Latte <i>Mocha</i>	16 oz.	412.5	8	0.05	4.5	30.5	1	20.5	21	0	0	20	1
	24 oz.	710	13	0.05	6	58	1	40	22	0	0	20	2
Berried In Chocolate <i>Chocolate & Strawberry</i>	16oz.	342.5	4.5	0.05	3.5	51.5	1	47.5	20	0	0	20	8
	24oz.	525	6	0.05	4	91	1	85	20	0	0	20	14
Elvis' Return <i>Chocolate & Banana</i>	16oz.	322.5	4.5	0.05	3.5	51.5	1	43.5	20	0	0	20	8
	24oz.	395	5.5	0.05	4	68	1	57	20	0	0	20	10
Malibu Chocolate <i>Chocolate & Pina Colada</i>	16oz.	332.5	5.5	0.05	5.5	53.5	1	43.5	22	0	30	20	8
	24oz.	510	7.5	0.05	7	94	1	79	23	0	45	20	14

BURNER BLENDS

Includes Metabolism Boost & 20g of Protein (Nutritional Information is calculated using vanilla protein)

	Serving Size	Calories	Fat g	Cholesterol g	Sodium %DV	Carbs g	Fiber g	Sugar g	Protein g	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
Tropical Bombshell <i>Pina Colada & Banana</i>	16oz.	285	4.5	0.5	2.9	43	2	25	22	0	449	10	6
	24oz.	325	5	0.5	3.9	53	2	32	23	0	464	10	8
Belly Buster <i>Strawberry Banana</i>	16oz.	275	3.5	0.5	0.9	41	2	25	20	0	419	10	6
	24oz.	310	3.5	0.5	0.9	50	2	32	20	0	419	10	8
Orange Peeler <i>Orange Crème</i>	16 oz.	290	3.5	0.5	0.9	44	2	31	20	480	599	10	6
	24 oz.	330	3.5	0.5	0.9	54	2	40	20	640	659	10	8
Berry Berry Good <i>Triple Berry</i>	16oz.	305	3.5	0.5	0.9	41	2	31	20	0	419	10	6
	24oz.	350	3.5	0.5	0.9	50	2	40	20	0	419	10	8
Pomegranate Bliss <i>Pomegranate Cherry</i>	16oz.	290	3.5	0.5	0.9	44	2	31	20	135	449	10	0
	24oz.	330	3.5	0.5	0.9	54	2	40	20	180	459	10	0
Slim Sally <i>Strawberry Banana</i>	16oz.	275	3.5	0.5	0.9	41	2	25	20	0	419	10	6
	24oz.	310	3.5	0.5	0.9	50	2	32	20	0	419	10	8
Wonder Twins <i>Mango Peach</i>	16oz.	290	3.5	0.5	0.9	44	2	28	20	75	437	10	0
	24oz.	330	3.5	0.5	0.9	54	2	36	20	100	443	10	0

RECOVERY BLENDS

Includes BCAAs & 20g of Protein

	Serving Size	Calories	Fat g	Cholesterol g	Sodium %DV	Carbs g	Fiber g	Sugar g	Protein g	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
Berry Boom <i>Strawberry</i>	16oz.	275	3.5	0.5	0.9	40	0	25	20	0	2	10	6
	24oz.	310	3.5	0.5	0.9	49	0	32	20	0	2	10	8
The Kingpin <i>Triple Berry</i>	16oz.	305	3.5	0.5	0.9	40	0	31	20	0	2	10	6
	24oz.	350	3.5	0.5	0.9	49	0	40	20	0	2	10	8
Twisted Strawberry <i>Strawberry Banana</i>	16 oz.	275	3.5	0.5	0.9	40	0	25	20	0	2	10	6
	24 oz.	310	3.5	0.5	0.9	49	0	32	20	0	2	10	8
In The Tropics	16oz.	285	4.5	0.5	2.9	42	0	25	22	0	32	10	6

<i>Pina Colada & Banana</i>	24oz.	325	5	0.5	3.9	52	0	32	23	0	47	10	8
Citrus Rush	16z.	290	3	0.05	3	35	1	28	20	480	180	20	6
<i>Orange + Vanilla</i>	24oz.	330	3	0.05	3	45	1	37	20	640	240	20	8
Mocha Mania	16oz.	422.5	8	0.05	4.5	32.5	1	20.5	21	0	0	20	1
<i>Mocha</i>	24oz.	720	13	0.05	6	60	1	40	22	0	0	20	2
Chocolate Peanut Butter	16oz.	442.5	19.5	0.05	15.5	43.5	3	33.5	27	0	0	20	8
<i>Peanut Butter Chocolate</i>	24oz.	760	36	0.05	28	82	5	66	34	0	0	20	16
Peanut Butter Power	16oz.	567.5	34.5	0.5	25.4	36.5	4	18.5	34	0	2	10	8
<i>Peanut Butter</i>	24oz.	785	50.5	0.5	37.9	52	6	29	41	0	2	10	12
Island Passion	16oz.	275	3.5	0.5	0.9	40	0	25	20	0	2	10	0
<i>Passionfruit Orange Guava</i>	24oz.	310	3.5	0.5	0.9	49	0	32	20	0	2	10	0
Pom N' Cherry Tsunami	16oz.	290	3.5	0.5	0.9	43	0	31	20	135	32	10	0
<i>Pomegranate Cherry</i>	24oz.	330	3.5	0.5	0.9	53	0	40	20	180	42	10	0
Poolside Sunset	16oz.	290	3.5	0.5	0.9	43	0	28	20	75	20	10	0
<i>Mango Peach</i>	24oz.	330	3.5	0.5	0.9	53	0	36	20	100	26	10	0
Yacht Club	16oz.	342.5	5.5	0.05	5.5	55.5	1	43.5	22	0	30	20	8
<i>Pina Colada + Chocolate</i>	24oz.	420	7	0.05	7	73	1	57	23	0	45	20	10
The King Kong	16oz.	332.5	4.5	0.05	3.5	53.5	1	43.5	20	0	0	20	8
<i>Chocolate Banana</i>	24oz.	405	5.5	0.05	4	70	1	57	20	0	0	20	10

MUSCLE BUILDERS

Includes Glutamine & 20g of Protein

	Serving Size	Calories	Fat g	Cholesterol g	Sodium %DV	Carbs g	Fiber g	Sugar g	Protein g	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
Boardwalk Colada	16oz.	309	4.5	0.05	5	46	1	37	26	0	30	20	8
<i>Pina Colada & Chocolate</i>	24oz.	349	5	0.05	6	56	1	44	27	0	45	20	10
The Incredible Bulk	16oz.	446.5	19.5	0.05	15.5	41.5	3	33.5	31	0	0	20	8
<i>Chocolate Peanut Butter</i>	24oz.	764	36	0.05	28	80	5	66	38	0	0	20	16
Sunrise Splash	16 oz.	294	3.5	0.5	0.9	41	0	28	24	75	20	10	0
<i>Mango Peach</i>	24 oz.	334	3.5	0.5	0.9	51	0	36	24	100	26	10	0
Peanut Butter Pump	16oz.	571.5	34.5	0.5	25.4	34.5	4	18.5	38	0	2	10	8
<i>Peanut Butter</i>	24oz.	789	50.5	0.5	37.9	50	6	29	45	0	2	10	12
Mocha Muscle	16z.	426.5	8	0.05	4.5	30.5	1	20.5	25	0	0	20	1
<i>Mocha</i>	24oz.	724	13	0.05	6	58	1	40	26	0	0	20	2
Pink Hurricane	16oz.	279	3.5	0.5	0.9	38	0	25	24	0	2	10	6
<i>Strawberry Banana</i>	24oz.	314	3.5	0.5	0.9	47	0	32	24	0	2	10	8
Red Raptor	16oz.	279	3.5	0.5	0.9	38	0	25	24	0	2	10	6
<i>Strawberry</i>	24oz.	314	3.5	0.5	0.9	47	0	32	24	0	2	10	8
Berry Builder	16oz.	309	3.5	0.5	0.9	38	0	31	24	0	2	10	6
<i>Triple Berry</i>	24oz.	354	3.5	0.5	0.9	47	0	40	24	0	2	10	8

VEGGIE BLENDS

Includes a Veggie Boost & 20g of Protein

	Serving Size	Calories	Fat g	Cholesterol g	Sodium %DV	Carbs g	Fiber g	Sugar g	Protein g	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
Yo Yo Berry	16oz.	345	3.5	0.5	2.9	51	1	41	21	110	782	12	8
<i>Triple Berry</i>	24oz.	390	3.5	0.5	2.9	60	1	50	21	110	782	12	10
Pomlicious	16oz.	330	3.5	0.5	2.9	54	1	41	21	245	812	12	2
<i>Pomegranate Cherry</i>	24oz.	370	3.5	0.5	2.9	64	1	50	21	290	822	12	2
Strawnana	16 oz.	315	3.5	0.5	2.9	51	1	35	21	110	782	12	8
<i>Strawberry Banana</i>	24 oz.	350	3.5	0.5	2.9	60	1	42	21	110	782	12	10
Malibu Mango	16oz.	330	3.5	0.5	2.9	54	1	38	21	185	800	12	2

Mango Peach	24oz.	370	3.5	0.5	2.9	64	1	46	21	210	806	12	2
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JUST FRUIT BLENDS

Classic fruit blends plus one S.50 essential & 20g of Protein

	Serving Size	Calories	Fat g	Cholesterol g	Sodium %DV	Carbs g	Fiber g	Sugar g	Protein g	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
Orange Push-Up	16oz.	280	3.5	0.5	0.9	41	0	31	20	480	182	10	6
Orange Crème	24oz.	320	3.5	0.5	0.9	51	0	40	20	640	242	10	8
Strawberry Banana Blast	16oz.	265	3.5	0.5	0.9	38	0	25	20	0	2	10	6
Strawberry Banana	24oz.	300	3.5	0.5	0.9	47	0	32	20	0	2	10	8
Pomegranate Paradise	16 oz.	280	3.5	0.5	0.9	41	0	31	20	135	32	10	0
Pomegranate Cherry	24 oz.	320	3.5	0.5	0.9	51	0	40	20	180	42	10	0
Mango Bliss	16oz.	280	3.5	0.5	0.9	41	0	28	20	75	20	10	0
Mango Peach	24oz.	320	3.5	0.5	0.9	51	0	36	20	100	26	10	0
Pina Colada Madness	16oz.	280	5	0.5	3.9	41	0	25	23	0	47	10	6
Pina Colada	24oz.	320	5.5	0.5	4.9	51	0	32	24	0	62	10	8
Passionfruit Orange Guava	16oz.	265	3.5	0.5	0.9	38	0	25	20	0	2	10	0
Passionfruit Orange Guava	24oz.	300	3.5	0.5	0.9	47	0	32	20	0	2	10	0
											40		
Triple Berry Sensation	16oz.	295	3.5	0.5	0.9	38	0	31	20	0	2	10	6
Triple Berry	24oz.	340	3.5	0.5	0.9	47	0	40	20	0	2	10	8
Super Strawberry	16oz.	265	3.5	0.5	0.9	38	0	25	20	0	2	10	6
Strawberry	24oz.	300	3.5	0.5	0.9	47	0	32	20	0	2	10	8

VALUE STACKS!

More supplements at a great value!

	Serving Size	Calories	Fat g	Cholesterol g	Sodium %DV	Carbs g	Fiber g	Sugar g	Protein g	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
Trim N' Tone	1 Serving	17	0	0	0	5.5	5.5	0	0	0	417	0	0
(Fiber + Metabolism Boost)													
Recharge	1 Serving	15	0	0	0	5	2	0	0	50	309	13	0
(Energy + Multivitamin)													
Stay Full	1 Serving	400	22	0	12	45	7	11	13	0	0	4	14
(Peanut Butter + Granola)													
Mega Gainer	1 Serving	160	3.5	0.5	0.9	11	0	4	20	0	2	10	0

xtra 20g of Protein + Creatine)

CUSTOMIZE IT!

Individual boosts, supplements and add-ins

	Serving Size	Calories	Fat g	Cholesterol g	Sodium %DV	Carbs g	Fiber g	Sugar g	Protein g	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
Veggie Boost	1 oz	50	0	0	2	13	1	10	1	110	780	2	2
Glutamine	5g	14	0	0	0	0	0	0	4	0	0	0	0
Multivitamin	4.25g	5	0	0	0	3	2	0	0	50	209	13	0
BCAAs	4.25g	10	0	0	0	2	0	0	0	0	0	0	0
Energy Boost	4.25g	10	0	0	0	2	0	0	0	0	100	0	0
Creatine	3.75g	0	0	0	0	0	0	0	0	0	0	0	0
Fiber	5g	7	0	0	0	2.5	3.5	0	0	0	0	0	0
Metabolism Boost	4.25g	10	0	0	0	3	2	0	0	0	417	0	0
Chocolate	1 oz	100	0.5	0	0	23	0	22	0	0	0	0	4
Sugar Free Chocolate	1 oz	40	1	0.1	1	10	0	0	1	0	0	0	6

Pumpable Peanut Butter	1 oz	180	15	0	12	8	2	4	7	0	0	0	4
Low Fat Peanut Butter	10g	40	1	0	2	4	2	1	5	1	0	1	0
Mocha	1 Scoop	260	4	0	1	20	0	13	1	0	0	0	1
Granola	94cc	220	7	0	0	37	5	7	6	0	0	4	10
Vanilla Protein (20g)	94cc	160	3.5	0.5	1	11	0	4	20	0	2	10	0
Chocolate Protein (20g)	90cc	115	3	0.05	3	3	1	1	20	0	0	20	0
Smoothie Crème	25cc	75	2	0	1	15	0	13	0	0	0	0	0

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LIMITED TIME ONLY													
	Serving Size	Calories	Fat g	Cholesterol g	Sodium %DV	Carbs g	Fiber g	Sugar g	Protein g	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
Energy Ice	2 oz.	160	0	0	1	40	0	40	0	0	0	0	0
	1 oz.	90	0	0	0	23	0	21	0	0	0	0	0
Green Apple	16oz.	468	5	1	1	88	0	74	20	0	2	10	0
	24oz.	595	6	1	2	118	0	101	20	0	2	10	0
	1 oz.	70	0	0	0	19	0	17	0	0	80	0	2
Lemon Ice	16oz.	408	5	1	1	76	0	62	20	0	242	10	6
	24oz.	515	6	1	2	102	0	85	20	0	322	10	8
	1 oz.	0	0	0	0	0	0	0	0	0	0	0	0
Peppermint Vanilla	16oz.	378	4	0	2	30	0	26	0	0	0	0	0
	24oz.	567	6	0	3	45	0	39	0	0	0	0	0
	1 oz.	50	0	0	0	14	0	14	0	0	0	0	0
Sweet Tea	16oz.	150	0	0	0	42	0	42	0	0	0	0	0
	24oz.	200	0	0	0	56	0	56	0	0	0	0	0
	1 oz.	110	1	0	2	26	0	23	1	0	0	4	0
Pumpkin Spice	16oz.	527.5	6	0.5	7.4	96.5	0	79.5	23	0	2	22	0
<i>Made with smoothie crème</i>	24oz.	675	7.5	0.5	9.9	130	0	109	24	0	2	26	0
<i>White Chocolate Sauce</i>	1 oz.	110	1	0	3	25	0	22	1	0	0	4	0
White Chocolate Peppermint	16oz.	565	7	0.5	9.9	102	0	84	23	0	2	22	0
	24oz.	675	7.5	0.5	12.9	127	0	106	24	0	2	26	0
<i>White Chocolate Sauce</i>	1 oz.	110	1	0	3	25	0	22	1	0	0	4	0
White Chocolate Mocha	16oz.	677.5	9.5	0.5	8.4	88.5	0	67.5	23	0	2	18	1
	24oz.	825	11	0.5	11.9	121	0	96	24	0	2	22	1
	1 oz.	60	0	0	0	14	0	14	0	0	0	0	0
Banana	16 oz.	265	3.5	0.5	0.9	38	0	25	20	0	2	10	6
	24 oz.	300	3.5	0.5	0.9	47	0	32	20	0	2	10	8
Fresh Banana (medium size)	118g	105	0	0	1	27	3	14	1	2	17	1	2